

Splashland Benefit Sprint Triathlon

General Information

9 am Start

Greetings Triathletes. Are you ready for a great sprint triathlon? We are doing all we can to make this a smooth, fun-filled quality event. Bear with us as we make adjustments when needed/last minute. Your Safety is our number one priority. It begins with YOU.

Race packet/bib# pickup starting Friday evening from 5-7 pm and then again on race day morning from 7-8:15 am at SPLASHLAND Pool complex, 5975 Hwy 17, Alamosa CO 81101.

Pre-race positioning of equipment, bike, helmet towel/robe/bag/mask in transition & swim finish areas may be placed in bike racks and carpet area near swim finish. Allow extra time to place equipment before race begins. Please wear masks before Start and after Finish, not during. Below is the order of events and course specifics for each leg of the triathlon. Pay special attention to **Caution Statements**.

Run Leg All runners will be given ankle timing chip prior to Run Leg Start. We begin with wave start on the North side of the pool road(pavement), following the Maddox Loop after leaving the pool complex, heading west to State Street making a left turn proceeding South to the Rio Grande River crossing over the bridge then making a left turn onto the South Dike (dirt path.) Following the dike until you reach a footbridge across the Rio Grande (left turn) River. Turn left again then follow the dirt road thru through Rio Grande Farm (heading East) to the bike/run path (pavement) off Hwy 17. Make another left turn then follow the run/bike path North back to the pool complex. Cross thru the parking lot to the Run Finish Line then proceed into the Transition Area. **Caution Statement** *You will be running into oncoming traffic /Running Path Stay to the left and be aware of traffic ~ crossing roads. You will make two road crossings with event staff manning those areas to halt traffic. Some runners may have yield to bikers crossing runners/road course. See Run Course map.*

Transition Area After completing the run leg you can then change into your bike shoes/gear (Helmets required) and exit the Transition Area/ Bike Start Line to begin the bike portion of the Triathlon. Sport Drinks/bottled water is available in Transition Area.

Bike Leg You will be biking on a paved road (mostly flat) heading west after leaving the pool complex. **Caution Statement** *Stay to the far right on pavement while biking on the road. We cannot close the entire bike route during the race. You will be sharing the road with motorists. Major intersections and turn around point will be manned by event staff. **Your safety begins with YOU.** Be aware of your environment/motorists. We have the course marked with Big Orange DOT signs stating motorists are to drive Slow and that an event is in progress. The Bike Course is all on pavement. If you come to a road intersection with dirt/gravel roads and pavement roads intersecting, ALWAYS stay on pavement .The turn around spot is only area with pavement/dirt road mix. See Bike Course map.*

Transition area After Completing your bike leg enter transition area again/Bike Finish. Sport drink and bottled water available. Change into /out of bike gear to swim gear. Rest room facilities are available in the building, **Caution Statement** Do not cross over the swim start line if using the restrooms as it will start your swim time, go to the side around the start line and then come back around and cross over the swim start line to begin your swim leg if using facilities. Swim caps and goggles are acceptable to use in swim leg. **Swim fins, snorkels, hand webbed gloves not allowed as well as any other assisted swim equipment not mentioned above.** See transition map.

Swim Leg (Helpful Hint: place towel or robe at swim finish area before start of run, For after you cross swim finish line). As you enter the pool complex proceed straight thru start line to steps entering the North side of the pool to begin your serpentine swim. **Caution Statement** stay to the right in each lane so as not to interfere with other swimmers. This is a serpentine swim. Up and back in each of four lanes. Approx. 15 feet wide. If you need to overtake and pass another swimmer tap them on the heel of there foot letting them know you will be passing them on the left. The pool Depth is starting at 3 feet and gradually declining to 10 feet-at turn around point. **You must touch each wall in each lane at the end of lanes or be disqualified.** Flip turns are allowed as- long-as you touch the wall with either hand or feet. Walking is allowed in shallow end if needed – over half the pool is 5 feet or deeper. Your Safety is more important. Lifeguard will be manning deep end with event staff. When you finish the last lane exit the pool up the stairs and make a right turn to cross the swim finish line. You can't miss it. Your ankle timing chip will be removed after crossing finish line. You can have assistance with towel/robe/hoodie beyond timing area or have it left there during the race for you to get after completing swim leg. See Swim map. **NO Spectators** Due to Covid protocols, we have been asked to not have spectators, athletes only at this event per Public Health Department requirements.

Relay Teams Relay team members are allowed in Transition Area, recommended that one of team members assist in relaying the ankle timing chip to the next team member starting their leg of the Tri. **Caution Statement** Relay team members shall not impede/disrupt/block movement of other triathletes or relay teams while in Transition Area. Be aware of your surroundings/other individuals and the event.

Parking We have ample parking and overflow parking if needed. See map of pool complex.

Awards Ceremony Due to Covid protocols we will not be having awards ceremony. Do not gather in groups over 10, wear masks <> before and after the TRI event <> practice social distancing of 6 or more feet between other athletes.

On-line results available at and immediately following race
<http://racingunderground.racetecresults.com/results>.

Additional questions call 719-298-0662

Surf's Up !!!